Docket: 630-031US

<u>Abstract</u>

A technique is disclosed for dealing with transmissions between telecommunications stations on a shared-communications channel that avoids some of the costs and disadvantages for doing so in the prior art. The present invention introduces transmission rules that alleviate timing constraints. By following the transmission rules in accordance with the illustrative embodiment of the present invention, stations exchanging data with each other can prepare frames for transmission far enough in advance to overcome timing constraints.